## LIBRARY NEWS

Cctober 2020

Welcome to our 3rd edition of the Gawler Library's **Shelf Talk** newsletter! We're so pleased you've grabbed yourself a copy and hope you enjoy all the good stuff we've packed inside for you to read.

We hope you are enjoying the variety of resources we've been busy producing, to keep you entertained and engaged at home! These include **Take and Make** activity packs, school holiday guides, an extended Home Visits program, information and activities posted online to Facebook, and our new Borrow Bags, with themed equipment loans (this month featuring **Beaded Sun-catchers** for adults, and **Micro:bit Coding** for kids).



Gawle



We are also excited to announce more events, a **Teddy Bears' Picnic** in the park this month for the rescheduled Australian Book Week (more details over the page) and a special **NAIDOC** storytelling event for kids that will be occurring next month. We are hoping to be hosting more events and workshops in the near future as opportunities arise and conditions remain safe. Please watch this space!

We have great news for our borrowers who search specifically for genres when browsing our library collections... Thanks to our hardworking Technical Services staff we will now have genres written on our spine labels! You will see this appear on all our new fiction stock coming through from this month onwards.



Did you make it to our first (post COVID lockdown) event last month? Our **Bedtime Stories** held in the Gawler Civic Centre Library was well received by the kids and parents alike! We thoroughly enjoyed being able to host Storytime again and hope you will enjoy what we have prepared for you this month!

Gawler Civic C<mark>entre</mark> 8522 9213 Evanston Gardens 8522 0123

### LIBRARY EVENTS



#### **Upcoming Events:**

### Book Week Teddy Bears' Picnic

Wednesday 21st October Clonlea Park - Murray St. 10:30-11:30 Bring your picnic blanket, a snack & don't forget your teddy.



### NAIDOC Storytelling

Thursday 12th November Apex Park, Julian Terrace 10:30-11:30



Gawler Library's Christmas Advent Calendar



Due to Covid-19 Government requirements for contact tracing, all attendees must be booked in to attend.

Please check out our <u>NEW</u> eventbrite account for all our event listings and details!

Find us on

Facebook!

Gawler Public

Library

### eventbrite

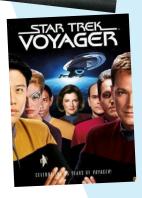
Did you enjoy our **Borrow Bags** during September? We have our school holiday **Take and Make** activities now available from either of our library locations. There are limited quantities available, but don't worry if you've missed out, you can still grab an instruction leaflet to create your own at home with what you can find.

### OFF THE SHELF



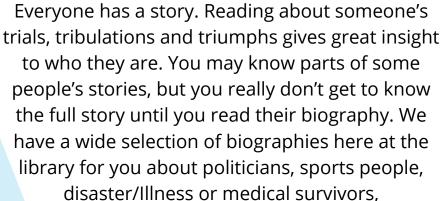
Have you finished a TV series and felt curious to learn more about it? Behind the scenes, director explanations, actor stories, etc. Amy Sherman-Palladino, creator of the TV series "Gilmore Girls" and "Bunheads", now has a popular new series called "The Marvellous Mrs Maisel". We have a very engaging book new to our collection in 2020 called "The Women of Amy Sherman-Palladino", full of interesting essays (from women who've grown up with these shows) on the way Sherman-Palladino writes about women's lives. If you'd like to hear more about some of your favourite TV shows, check out the link below for other titles in our collection to place your request: <u>https://bit.ly/34Owfv8</u>





TOP END GIRI





artists/creators, historical figures, etc... Check out the link to our online catalogue for a wide variety kept here at Gawler Libraries or you can request items from anywhere in South Australia! <u>https://bit.ly/3hJQBcH</u>



Check out what else we have available to borrow by searching through our catalogue... www.onecard.network/gawler

## LATEST TITLES



Looking for something new to read, watch or listen to? We always have lots of new items appearing on our shelves in both of our locations: Gawler Civic Centre and Evanston Gardens.

Search our catalogue using the link below to request any of the items you see featured here.

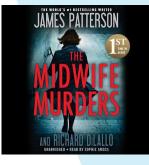
www.onecard.network/gawler

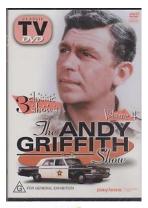


Between life and death there is a library. When Nora Seed finds herself in the Midnight Library, she has a chance to make things right. Up until now, her life has been full of misery and regret. She feels she has let everyone down, including herself. But things are about to change...

ttps://www.allenandunwin.com/browse/books/fiction/ he-Midnight-Library-Matt-Haig-9781786892720









The Daughters of Erietown Connie Schultz

| Get the new                      |         | (                  | - |  |
|----------------------------------|---------|--------------------|---|--|
| Libraries SA app                 | ( · · · | Ш                  |   |  |
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| Your favourite library           |         |                    |   |  |
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### Me and White Supremacy

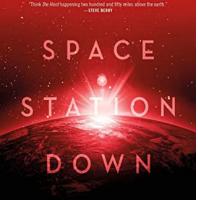
How to Recognise Your Privilege, Combat Racism and Change the World

LAYLA F SAAD









BEN BOVA AND DOUG BEASON

### BORROW BAGS











Looking to start up a new interest, learn something new, brush up on some lost skills or give the kids something fun to do? We've just launched our **Borrow Bags**, with a different activity for adults and children each month.

We have a limited supply of these, which will be available to borrow from both of our libraries.

Borrow Bags have equipment to be returned in the bag, along with consumables, instruction sheets and reading lists for you to keep.

#### Our October Borrow Bags are:

Children

Micro:bit

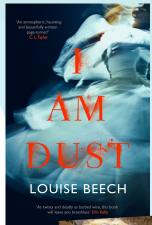
Adults

Beaded Suncatcher

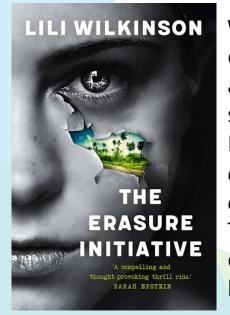
## EVENING READS

EVENING READS with Gawler Library

Soon to be hitting our new book shelves is a murder mystery with a twist. It's a ghost story and a romance all set against the backdrop of the Dean Wilson Theatre's reopening of the iconic musical 'Dust'. It's been 20 years since the murder of Morgan Miller in her dressing room, during her time playing the ghostly goddess Esme Black. With all the ghostly goings on, theatre usher Chloe has a front row seat to see all the drama and magic unfolding before her. Another excellent story by author Louise Beech. Available as an eBook or a physical item. Follow this link to make your request. <u>https://bit.ly/2ExU27T</u> Check out this link to find out more about this author and other titles she's written. <u>http://orendabooks.co.uk/louisebeech/</u>







Who loves a good Young Adult read? Often punchy, quirky and topical weekend reads, plenty of readers of all ages are enjoying exploring the teen fiction shelves. As Amy Jones says in her article for Penguin Random House, "*One of YA's greatest strengths is how, at its best, it manages to discuss serious issues in an accessible way*." <u>https://bit.ly/35ByKBf</u> This new release by Lili Wilkinson certainly caught my eye and you can put it and other new Teen titles on hold here: <u>https://bit.ly/3gQMqKJ</u>

Check out what else we have available to borrow by searching through our catalogue... www.onecard.network/gawler

## WEEKLY WIND DOWN

A little book arrived in the library today, packed full of hints and tips for finding the joy in small things. It reminds us to "stop stressing about life's problems, and start appreciating the little things instead." My favourite is "making the most of the sunshine' and I wonder what's the little thing that brings you a smile? We have a range of books on the subject of happiness and plenty of advice on where to find it. The answer is here - on our catalogue: https://bit.ly/3kyU277



eek

Looking to stretch those brain muscles? Make a cup of tea, grab a pencil and take some time out to wind down.

Dingbats are visual word puzzles from which a well known phrase or saying has to be identified. Dingbats generally rely on text rather than pictures

### ROFORKAD

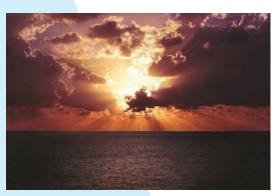
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### **REAWITHSON**

### MAGAZINE HIGHLIGHT







Plant-based living is becoming more popular in Australia, as sustainability and the environment become increasingly important factors in people's lives. Otherwise known as vegan, a plant-based diet bypasses animal products as a food source. Nourish magazine has an amazing array of recipes, travel destinations, environmental issues, informative health stories and mindfulness techniques, all of which adhere to the culture of a plant-based lifestyle.

The September issue of Nourish investigates the link between nutrition and health. How does what you eat affect your everyday health and wellbeing? Sustainable fashion is in focus; choosing second-hand clothing can have a big impact on the negative environmental effects of textile production. Experience meditation in the wild, in a story about travelling in Namibia and read about how you can experience an ethical safari in Africa. Learn how to reduce your use of plastics; our seas are drowning with an excess of this toxic waste.

Parenting is challenging at the best of times, so seeking a silver lining and learning to dance in the rain are some mindful parenting techniques covered in the Wellbeing section of Nourish.

Finally, food! There's nothing better than producing an aromatic, filling meal for the family, using just one pot! Try the Red curry pumpkin and red lentil bowl or the Kimchi jjigae. Open your mind to sustainable lifestyle solutions and you might discover that doing your little bit to protect our planet is much easier and more enjoyable than you thought! Nourish magazine is available at the Gawler Library, or reserve a copy on the catalogue here: https://bit.ly/2ZIS8Zx



When you need a hug in a bowl, try one of these meals. They're uncomplicated, nourishing, and will warm you from the inside-out.





You can find more magazines on our catalogue using this link **www.onecard.network/gawler** or you can browse the digital magazine collection using the **PressReader** app.

### TRIVIA TUESDAY





Do you love trivia? We've got 20 questions for you to solve over 5 different areas: Literature, Science, Sport, Community and History. If you'd like to get your hands on some general knowledge books, head to our catalogue to check out what we have on offer. For the answers to these trivia questions head to the last page.

### Literature

- Which prolific author also wrote romance fiction under the pseudonym of Mary Westmacott?
- 2. What was the title of the final book in the fantasy series; The Chronicles of Narnia?
- 3. The 'Jack Reacher' series is written by which author?
- 4. The 1918 Australian children's book written and illustrated by Norman Lindsay was about a magic what?

### Science

- 1. How many bones do sharks have in their bodies?
- 2. Which Ophthalmologist was known for his extraordinary work that helped in restoring eyesight of thousands of people?
- 3. What is the shortened form of the term 'Deoxyribonucleic acid'?
- 4. What is the name of the closest star to the Earth?

#### Sport

- 1. The Gawler Rangers play which sport?
- 2. What colours are the Olympic Rings?
- 3. What name is given to three consecutive strikes in ten pin bowling?
- 4. What is an albatross in golf?

### Community

- 1. In Gawler, our main street is known as?
- 2. St George's Anglican Church is located in which square?
- 3. The Gawler National Trust Museum is located in which building on Murray Street?
- 4. Which monument is located next to Pioneer Park?

### History

- 1. The Gawler Club was formed on 22/2/1873. In that year, the club moved into the basement of the Gawler Institute. Who was the club's founder?
- 2. The first two storey building in Willaston, the Willaston Hotel, was built for which Cornfactor?
- 3. Harkness Heights in Hewett is named after which person?
- 4. The Evanston Gardens Hall, which makes part of the Evanston Gardens Library and Community Centre was originally located elsewhere and transported to its current location. Where was the building transported from?

## QUOTES OF THE MONTH

"My two favourite things in life are libraries and bioyoles. They both move people forward without wasting anything. The perfect day: riding a bike to the library."

~ Peter Golkin ~



## Bad libraries build collections, good libraries build services, great libraries build

~ R. David Lankes ~

communities.

## TALK ABOUT TOWN...

This is a new addition for our newsletter. An opportunity for us to highlight our local creators. For September we've got a piece written by local author,



Sandra Winder.



As a Tour Guide at the Civic Centre since tours began in April 2019, I have met a lively selection of visitors from Gawler, other parts of the State, interstate and overseas. Surprise and delight are frequent reactions and I often hear remarks like:

I had no idea...., That makes me think of my (Mum, Dad, old Mrs ...), Haven't they done a great job of bringing it into the 21st century without losing the history!

Best of all is when they see the Centre as a work of art...and there is an infinite variety of types of old and new art to take in. The Town Hall and Institute are architectural colonial gems dating back to 1857 and 1871 respectively. The restoration of these iconic stone buildings retains all the character of the Victorian era at the same time as making them a lively facility to be used and enjoyed by locals and visitors from everywhere.

One of the highlights always appreciated by people is when I take them onto the balconies where they get a superb view of the many substantial 19th and early 20th century shops, banks, churches, monuments and parks along Murray Street and adjacent areas. We step out onto one of the balconies from the James Martin Room, which features a number of portraits of local identities by the 19th century artist Andrew McCormac, whose finely detailed works can also be seen at the Art Gallery of South Australia, Parliament House and the Northern Territory Museum of Arts Gallery and Museum.

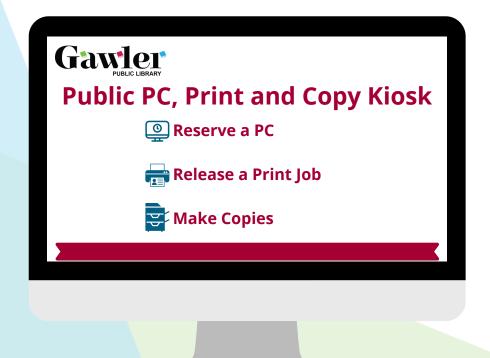
One of the most popular highlights of a tour is the Heritage Gallery in the old Council Chamber with its spectacular decorative ceiling. When I guide visitors into the latest exhibition, I often hear a surprised: "Oh. I had no idea this was here. What a great use of the space." The inaugural exhibition, "Into the Light", was a longawaited opportunity for me to help others discover the 40,000 plus years of Kaurna history and to welcome them onto Kaurna land with the words Niina Marni. Gawler Civic Centre Kaurna Yartangka Yuwanthi. Welcome. Gawler Civic Centre stands on Kaurna land. These are just a few of the reasons visitors join a tour of the Civic Centre. There are so many stand-outs such as the Cultural Heritage Research Centre, the Youth Space, the magnificent Honour Rolls in the Walk of Honour remembering the valiant service of Gawler men and women....and the list goes on.



## TECH TIPS



Did you know that you can book a public PC at the library, up to a week ahead? You can book a PC using the Print Kiosk (pictured below), located next to the library printer/photocopier at both of our locations - all you need is your library card number and your PIN. As we currently have fewer PCs available due to COVID-19 physical distancing requirements, booking ahead is a great way to ensure that there is a PC ready for you when you need it. If you're having trouble or would like someone to demonstrate, please ask a library staff member for assistance.



### DIGITAL LIBRARY

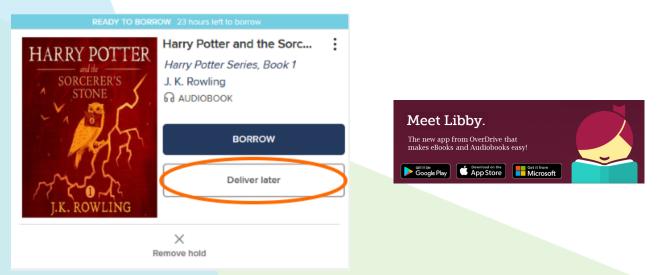
e-book

Did you know we have FREE eBooks, eAudiobooks and digital magazines for you to borrow, read or listen to on your device? Download "Libby" for eBooks and eAudiobooks and "Press Reader" for our digital magazine collection. To find out more, check out the Libraries SA website - **libraries.sa.gov.au** 



Do you find that inevitably all your requested items become available at the same time or when you've suddenly got the busiest social calendar?

Our digital collection vendor has found a solution! Next time you get a notification that your eBook hold has become available but you just can't fit it in right now, you have the option to 'deliver later'. You remain in the queue for the title, but it moves on to the next person for the time being. If you have any questions about this new functionality, please ask the library staff next time you're visiting the library.



## GAWLER HERITAGE COLLECTION

#### New on display:

We are displaying a few of the maps and plans from the Gawler Heritage Collection in the café area of the Gawler Civic Centre including the incredibly special **Light**, **Finnis & Co map of 1839**, and the **Town Plan of 1863**. These maps are rare and so we will only be exposing them to environmental conditions for a few weeks. Enjoy these fascinating examples of early cartography.





#### Item Highlight:

This circa 1863 dress is typical of the style worn by the women of Gawler in the mid 1860's and is on display now in the Gawler Heritage Gallery, as part of the '*Fire the Cannon*' exhibition.



We are honoured to have the loan of this dress from the National Institute of Dramatic Art who purchased it from Adelaide.

Come see the dress for yourself at the Gawler Civic Centre.

### The **Gawler Cultural Heritage Centre** is open for researchers and public:

- Mondays: 1pm-5pm;
- Wednesday: 10am-12pm and 12pm-4pm;
- Thursday: 1pm-5pm

#### or by appointment via

jacinta.weiss@gawler.sa.g<mark>ov.au or 85229 268.</mark>



## GAWLER CIVIC CENTRE



Have you been to see the new Gawler Civic Centre? Did you know we have guided tours, yarning circles and other events occurring regularly? Coming up during October, don't miss your opportunity to get involved in important discussions, learn more about and explore the building or grab your ticket to some great entertainment! All details can be found on the website listed below, just click **Entertainment Program** to purchase your tickets online and secure your spot!

**ABBA Gold** - Australia's Premier ABBA Tribute Band – Waterloo, Ring Ring, Money Money Money, The Winner Takes it All, Fernando, SOS, Thank You For The Music, Dancing Queen – these are the songs that make everybody sing and smile and they are the songs that make an audience want to enjoy The Flaming Sambucas' nationally acclaimed "ABBA Gold" show and the journey that they are taken on.





Kadlitiya Yarning Circles - In recent times, the #BlackLivesMatter movement has been amplified across to our shores. This resonates strongly with our First Nations people as Australia continues to have the highest rates of Aboriginal deaths in custody in the world. This has created difficult conversations about racism in all its forms, including white privilege and fragility, and the role we can all play in achieving systemic change. The Kadlitiya Yarning Circles are a local approach to keeping these important conversations going.

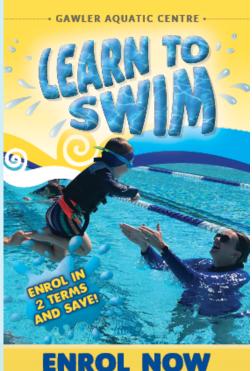
**Guided Tours** - A guided tour of the Gawler Civic Centre will take between 45 minutes and 1 hour. Explore all areas of the Centre, understand the history of the State Heritage Listed buildings and discover many interesting facts about the facility, construction and future direction.

Social connection, community celebration and lifelong learning are key outcomes for this unique, regional facility.

### www.gawler.sa.gov.au/gawlerciviccentre

## AQUATICS & RECREATION





PLACES

Gawlei

Have you been waiting all winter to get back to the Gawler Aquatic Centre? The opening celebration is coming up very soon with FREE entry and lots of fun to be had. There is also a School Holiday Skating session down at the Gawler Sport & Community Centre on 7th October with tickets available via eventbrite. For more information please check out the Gawler

Sport & Community Centre or Gawler Aquatic Centre Facebook pages, contact 8522 9203 or email aquatic.recreation@gawler.sa.gov.au.



www.gawler.sa.gov.au/recreation

## ANSWERS!



### How many did you get right? Check below for the answers...

### Trivia Tuesdays

#### Literature

- 1. Agatha Christie
- 2. The Last Battle
- 3. Lee Child
- 4. Pudding

#### Science

- 1.0
- 2. Fred Hollows
- 3. DNA
- 4. The Sun

#### Community

- 1. Murray Street
- 2. Orleana Square
- 3. Old Telegraph Station
- 4. McKinlay Monument

#### History

- 1. Mr Geo Palmer *Mr Palmer was the Manager of the National Bank of Australia in Gawler from 1857 until 1877.*
- 2. Charles Thomas Scown A cornfactor was someone who traded in grains/corn
- 3. Laurie Harkness He helped develop the 'Harkness Bottlebrush' tree that bears his name, known scientifically as: 'Callistemon citrinus x viminalis'.
- 4. In 1945, the hall was transported from Sandy Creek.

#### Sport

- 1. Baseball The Gawler Rangers Baseball Club was established in 2007,
- 2. The rings are interlaced from left to right; the blue, black and red rings are situated at the top, the yellow and green rings at the bottom in accordance with the following graphic reproduction. (Olympic Charter, Rule 8)
- 3. Turkey
- 4. An albatross is achieved when a player either aces a par 4, or scores a "2" on a par 5.



### Weekly Wind Down

#### ROFORKAD

- Fork in the Road

#### REAWITHSON

- Within Reason

i√i

- Right between the eyes





## OFF THE SHELF





#### 🔊 🖉 EVE POWNALL AWARD

#### JUDGES' CRITIQUE FOR SEARCHING FOR CICADAS

"Vibrant artwork in deep, rich hues of greens and blues evoke the Australian bush, and the cicadas themselves are brought to life in stunning detail. As both an exploration of science and nature, and a celebration of the bond between grandparent and grandchild, this is an information book to be shared and

treasured."

#cbcashortlist2020

OUNG DARK EMU

#### JUDGES' CRITIQUE FOR YOUNG DARK EMU: A TRUER HISTORY

SEARCHING FOI

"Citing colonial diaries and artworks describing organised villages and regulated food supplies, Pascoe shows how the decimation of Aboriginal people and culture ensured that after 1860 all evidence of any prior complex civilisation was eradicated. This beautifully produced book presents a powerful argument that debunks the notion of terra nullius that positions Aboriginal people as nomadic hunter gathers though an engaging discussion accessible to primary school and young adult readers."

#cbcashortlist2020

Read what the judges had to say about some of these books and find more CBCA reviews of the shortlisted titles shared to our Facebook page through out the month of October.



Each year the Children's Book Council of Australia judges some of the best Australian non-fiction books for children. The Eve Pownall Award for Information Books "will be made to outstanding books which have the prime intention of documenting factual material." cbca.org.au/shortlist-2020



#### JUDGES' CRITIQUE FOR A HOLLOW IS A HOME

"This inspiring exploration of tree hollows and the creatures that call them home is well-designed, beautifully written and bound to become an enduring reference book. The thoroughly researched information enriches readers' understanding of the natural world and our potential role in preserving our wildlife by providing a comprehensive introduction to tree hollows, which are an important ecological feature for so many species."

#### JUDGES' CRITIQUE FOR

#cbcashortlist2020

YAHOO CREEK: AN AUSTRALIAN MYSTERY

"Through moonlit blue-black stencils, sponge effects and silhouette cut-outs Riddle depicts the yahoo as friendless, bewildered and frightened, like a wild animal. But children seem to pose no threat to him...Riddle's book offers another way of looking at history, landscape and culture, inviting further reading for young readers to follow the leads of his sources and collation of responses to an alien character in the enigmatic Australian bush."

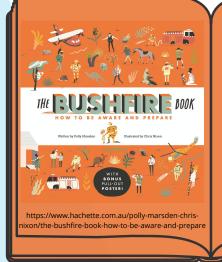
#cbcashortlist2020



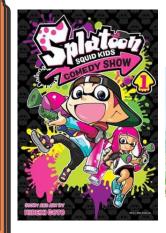
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An accessible and reassuring picture book that teaches children what they need to know about bushfires so they can understand what's happening and be smart and prepared, not scared.





our shelves this week!

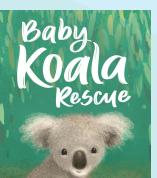
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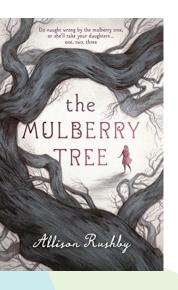
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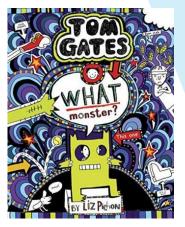




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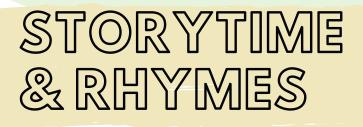




### CLEVER KIDS

Here's a tricky game you can play with your friends. Each answer must begin with the final letter of your previous answer. Starting with your name. See how you go.

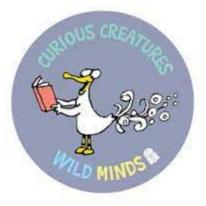




Curious Creature says 'How do you do?' Curious Creature waves to you. Curious Creature counts to three, Curious Creature bends one knee. Curious Creature touches toes, Curious Creature touches nose. Curious Creature makes a funny face, Curious Creature runs in place. Curious Creatures sit on the ground, Listening to stories with Wild Minds.







Turn around once and swing your wild tail. Turn around twice and flap your wings like sails. Turn around three times, stomp your feet and roar. Jump up high, then sit down on the floor.

Five little koalas in a eucalyptus tree The first one said, hey look at me. The second one said I'm a pretty furry bear. The third one said, I don't have a care. The fourth one said, Australia is my home. The fifth one said, I will never roam. Five little koalas in a eucalyptus tree Climbing and playing and happy to be free!



Pick up your teddy bear, from the ground. Then go dancing all around. Hold him high, hold him low, As round and round and round you go!

> Hold him left and hold him right, Hold him tight with all your might.

Hold him close and hold him far, Pretend that he can drive a car.

Hold him in front, hold him in back, Then sit down with him On your lap!



#### KIDS Kids CREATE reate CAT TOY! EXCUSE ME, I AM NOT A SOCK. I'M A CAT TOY. 0 YOU CAN'T • CATCH 0 ME pe or sew your cat toy to a piece of string ready to play with I AM NOT A SOCK .... I'M A CAT TOY! I AM NOT A SOCK .... TOP TIPS! e your cat toy even better, tie it to a twig and wiggle for your cat to chase after. You could even pop catnip at inside the sock to make your cat super interested! Materials Old magazines Scrap of cardboard Something round to draw around to make a template (2 sizes) 17 MOBILE Make a mobile as a lovely decoration for your bedroom. Cut out circles of paper, using old magazines or wrapping paper and stick them together, threading a length of wool through the middle of Pen Scissors them, then tie the decorations onto a twig or branch. Hang your Wool Twic mobile above your bed so that you can watch it while you snooze. $6^{\text{Take the twig and tie the}}$ lengths of wool onto it-1 at each end and 2 evenly spaced in the middle. Tie the strands with a double knot to hold them in place. Draw 2 circles of different sizes using any round object on a sheet of cardboard and 2 Draw around the circles on pictures in an old magazine, looking for nice colors, funny images, or interesting shapes, and cut round object on a sneet or cardboard and cut them out. We used a glass for the large circle and a small jar for the smaller one. Cut 3 Fold 2 of the circles cut out of the magazines in half and glue them out 1 circle in each size. togethe Both these titles can be A Open out 1 side of the pair of circles. Fold a third circle in half and glue 1 side of it down next to the first folded circle. Repeat unit unit for the first found in our collection. Use this link

https://bit.ly/2RZ1WKu for our online catalogue or download the Libraries SA app to request a copy.



circle. Repeat until you have lots of groups of small and large





Tie a final length of wool onto the twig in two places to make the hanger.

## FAMILY READING





COVID-19 has created upheaval in many areas this year including our beloved Book Week, which has been rescheduled to October 2020. If you're looking for something great to read with your children check out the selection from the 2020 Children's Book Council of Australia Shortlist.

To see the full shortlist, use the link: https://cbca.org.au/shortlist-2020 All of the books pictured below are available from the Libraries SA statewide network. Just use the link below to search through the catalogue to place your requests. *https://bit.ly/2RVRyn0* It's a treasure trove of some of the best Australian children's books published over the past year, with winners to be announced just prior to Book Week.



COLLETTE DINNIGAN

### FRIDAY FUNNIES

What do you call a girl who's good at catching fish?...

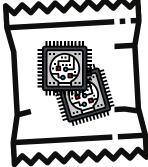


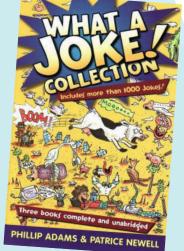
In what school do you have to drop out to graduate?.. Sky-diving school! What do music teachers give their students?.. **Sound Advice!** 

What kind of snack did the computer teacher like?.. **Microchips!** 

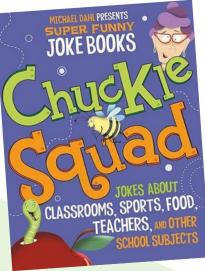


What has 40 feet and sings? A school choir!





Looking for more great jokes, puns and riddles? Check out our catalogue for more books to request onecard.network/gawler



## EXAM STRESS BUSTERS



Looking for some stress relief during your school exams? We've got a great list of stress buster activities to help you get focused on doing your best during your studies.





Stress Buster Buckets

Looking for some activities? Have a look at the Town of Gawler website **gawler.sa.gov.au** for skating or youth space events. The Gawler Library will be open for our regular hours at both locations so don't forget to drop in to grab a **Take & Make** Stress Buster pack or a Shower Steamer pack to complete at home! *Supplies are limited, so don't miss out!* 





## EXAM STRESS BUSTERS

10 Jun

If you missed out on one of our Stress Buster Take & Make activity bags, you can easily tweak the idea with materials at home. Rather than use pop sticks, you can simply write your Stress Relief activities onto paper or card and pop them into a bag. When you you need a break, simply give the bag a shake and pull out an activity.

Stress Busters

- Tense and release relaxation
- Get a massage
- Take a power nap
- Play some music
- Go for a walk
- Enjoy nature
- Give a hug
- Draw a doodle
- Make a cuppa
- Eat a healthy snack
- Take 10 deep breaths
- Roll a tennis ball under your feet
- Enjoy some alone time
- Do a 5 minute declutter
- Stretch
- Energise with 10 jumping jacks
- Turn up the music and dance
- Take a bath or shower
- Write in a journ<mark>al</mark>
- Stare out the window
- Imagine a happy space
- Phone a friend
- Do a random act of kindness
- Treat yourself to a favourite movie
- Make a special meal

You may want to colour code your ideas into categories like:

- physical
- relaxing
- inside
- outside
- solo
- family





Don't forget to pick up your **Take & Make** bag from the library these school holidays, to make a bucket full of ideas to help you de-stress. When you're trying to study and getting overwhelmed, then reach for your Stress-Buster Bucket to find some calming ideas.





## YOUTH SPACE (onnecting young people to opportunities

### FREE PROGRAMS FOR TERM 4 ... Join & book now!

PLEASE NOTE: ALL ONSITE PARTICIPANTS MUST COMPLETE A 2020 MEMBERSHIP FORM



### WEDNESDAYS



### THURSDAYS

HOULD AFTERNOONS Crafty the Music Man is taking over! Come and learn from the best.

# FOR MORE

youth.gawler.sa.gov.au or call 8522 9295



#### GAWLER CIVIC CENTRE

89-91 MURRAY STREET, GAWLER

PH: 0488 991 765 youth.gawler.sa.gov.au



DOORS OPEN 3.30PM PROGRAMS 4.00PM - 5.00PM

